

# 30 Days to Better Labs



Workforce Health



**Earn 15  
Healthy  
Rewards  
Points for  
completing  
the full  
program!**

**Come learn about ways to improve your lab results prior to the  
3-step health appraisal process which starts August 1, 2016**

## **Mondays**

**June 6 thru July 11  
8-8:30 a.m.**

**Northwest Health Center  
Room 203 (2nd floor conference room)**

<b>Week 1</b>	<b>June 6</b>	BMI and Waist Circumference
<b>Week 2</b>	<b>June 13</b>	Cholesterol
<b>Week 3</b>	<b>June 20</b>	Glucose
<b>Week 4</b>	<b>June 27</b>	Triglycerides
<b>Week 5</b>	<b>July 11</b>	Blood Pressure

**No program week of July 4th**

**30 minute presentation with an activity and weekly challenge**

**For all City of Milwaukee employees and their spouses - No registration necessary**

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## **Tuesdays**

**June 7 thru July 12**

**12:00 Noon**

**Southside Health Center**

**Room 215**

<b>Week 1</b>	<b>June 7</b>	BMI and Waist Circumference
<b>Week 2</b>	<b>June 14</b>	Cholesterol
<b>Week 3</b>	<b>June 21</b>	Glucose
<b>Week 4</b>	<b>June 28</b>	Triglycerides
<b>Week 5</b>	<b>July 12</b>	Blood Pressure

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**30 minute presentation with an activity and weekly challenge**

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For all City of Milwaukee employees and their spouses



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**Located in the Zeidler Municipal Building  
Room 102 (Fishbowl)**

**Choose any one of the three class times below:**

	<b>Topic</b>	<b>Class 1 Mondays 9 - 9:30 a.m.</b>	<b>Class 2 Mondays 12 - 12:30 p.m.</b>	<b>Class 3 Wednesdays 4 - 4:30 p.m.</b>
<b>Week 1</b>	BMI and Waist Circumference	<b>June 13</b>	<b>June 13</b>	<b>June 15</b>
<b>Week 2</b>	Cholesterol	<b>June 20</b>	<b>June 20</b>	<b>June 22</b>
<b>Week 3</b>	Glucose	<b>June 27</b>	<b>June 27</b>	<b>June 29</b>
<b>Week 4</b>	Triglycerides	<b>July 11</b>	<b>July 11</b>	<b>July 13</b>
<b>Week 5</b>	Blood Pressure	<b>July 18</b>	<b>July 18</b>	<b>July 20</b>
<b>Week 6</b>	Sign up for 3-Step Process	<b>July 25</b>	<b>July 25</b>	<b>July 27</b>

**No program week of July 4th**

**30 minute presentation with an activity and weekly challenge**

**To register, contact the Wellness Center at 414-286-5707 by June 10th**